



# YMCA's SCOOP de' LOOP

## 5K Run & Walk, Junior Scoop Shuffle

Thursday, June 16, 2016 6:30 PM

Benefiting Diplomat Helping Hands Foundation to help patients obtain or continue their medications“ In some cases, it's a life or death issue; in all cases it's a quality of life issue.”

**FEATURING:** Ice cream served at the finish!

**STARTING TIME:** The 5K Run starts at 6:30 PM. The 5K Walk will start one minute after run.  
Junior Scoop Shuffle begins at 6:15 PM.

**LOCATION:** Downtown Flint YMCA –411 E Third St., Flint, MI 48503  
From I-475, North & South, exit Court St., go straight on service drive to Third, turn West to YMCA (Corner of I-475 Service Drive (Chavez) & Third). From I-69, Exit Saginaw Street to Second St, turn right on Second St. to Chavez then right on Third.

**REGISTRATION:** Online registration available at [www.riverbendstriders.com](http://www.riverbendstriders.com). Early Registration ends with entries postmarked by June 9, 2016. Late registration and packet pick-up at Bauman's Running & Walking Shop, 1473 W. Hill Rd. on Wednesday, June 15, from 12:00 PM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM. Race day registration begins at 5:30 PM at the YMCA.

<b>ENTRY FEE:</b>	<u>Event WITH Shirt:</u>	<u>Event WITHOUT Shirt:</u>	<u>Junior Scoop Shuffle</u>
	On or before June 9 - \$20.00	On or before June 9 - \$10.00	On or before June 9 - \$6.00
	Late Registration - \$25.00	Late Registration - \$15.00	Late Registration - \$10.00

RIVERBEND STRIDER MEMBERS MAY DEDUCT \$1.00 FROM PRE-REGISTRATION FEE.

Not a Riverbend Strider? Register online at [www.riverbendstriders.com](http://www.riverbendstriders.com) and save!

**FACILITIES:** Restrooms available inside the YMCA.

**AWARDS:** All pre-registered entrants will receive a high quality shirt. Sorry, but we cannot guarantee shirts on race day to late registrants. Awards available at the YMCA following the race.

Awards to Overall and Masters Male and Female; at least top three in each Run & Walk division.

**AGE GROUPS:** RUNNERS: Male and Female: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over.

WALKERS: Male and Female: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over.

**SEND TO:** Scoop de' Loop 5K, P.O. Box 233, Flushing, MI 48433  
Or drop entries off at Bauman's Running & Waking Shop, 1473 Hill Rd, Flint. MI  
Register online at [www.riverbendstriders.com](http://www.riverbendstriders.com)

MAKE CHECKS PAYABLE TO: Riverbend Striders



**INFORMATION:** John Gault: (810) 487-0954; Bauman's Running & Walking Shop: (810) 238-5981

MAKE CHECKS PAYABLE TO:  
Riverbend Striders  
MAIL TO: Scoop de' Loop 5K  
P.O. Box 233, Flushing, MI 48433

YMCA's Scoop de' Loop 5K  
Thursday, June 16, 2016

BIB NUMBER

LAST NAME	FIRST NAME	M.I.	SEX <input type="checkbox"/> M <input type="checkbox"/> F
<input type="text"/>	<input type="text"/>	<input type="text"/>	

STREET ADDRESS	CITY/TOWN	AGE
<input type="text"/>	<input type="text"/>	<input type="text"/>

STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	EVENT: <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk	<input type="checkbox"/> Junior Scoop Shuffle
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		

E-MAIL ADDRESS: \_\_\_\_\_ RIVERBEND STRIDER #: \_\_\_\_\_

ADULT SHIRT SIZE:  S  M  L  XL  XXL (Add \$1.00)  No Shirt      KID'S SHIRT SIZE:  YS  YM  YL

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Riverbend Striders, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_